AFTER THE SLIDE

AVALANCHE WEEK — PART 1 OF 5: HOW THE DEATH OF SEVEN CHILDREN NEAR THE B.C.-ALBERTA BORDER CHANGED EVERYTHING PAGES 4 & 5

Keep your furry friends warm

Learn your BBCs: Booties, balms and coats, and other need-to-knows to keep your pet safe this winter PAGE 11

REGINA metro®

Monday, January 28, 2013

News worth sharing.

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X marks the gold for McMorris

New heights. Regina native soars to first-place finish in X Games snowboard slopestyle, edging out expected 2014 Olympic rival Shaun White of U.S.

Saskatchewan's Mark McMorris successfully defended his snowboard slopestyle title at the X Games on Saturday, while fellow Canadian Max Parrot earned silver.

The 19-year-old Regina native won with his third-run score of 98.00 — the highest in the event's history. The victory comes a day after McMorris failed to defend his title in the men's snowboard big air final after being nudged out of the top spot by a perfect score from Norway's Torstein Horgmo.

McMorris edged out Shaun White in the slopestyle after the five-time winner fell on his final two runs and settled for fifth place.

McMorris pulled out a difficult cab double cork 1260 on his last run, which bumped his score from 94.66 to 98.00.

"It was an incredible night and it was amazing to see how many people were there. The crowds were huge. It was really exciting," said Don McMorris, Mark's father and Saskatchewan's minister of highways and infrastructure.

"He had it in his mind what he wanted to do as far as his runs for slopes and he was able to put that down."

White and McMorris are expected to challenge for the 2014 Olympic gold medal when slopestyle debuts in Russia.

"He has a lot of pressure on him, certainly with the comparison with him and Shaun White, so for him to come through with all that pressure and have a really great run ... it was a dream come true," said the elder McMorris, who was at the competition to cheer on his son.

Parrot, an 18-year-old X Games rookie from Quebec, placed second after landing a triple cork to earn a 90.00. Belgium's Seppe Smits claimed bronze.

THE CANADIAN PRESS WITH FILES FROM JEFF MACKEY/METRO

Another medal for Canada

Spencer O'Brien of North Vancouver, B.C., won bronze in women's snowboard slopestyle with a score of 88.66.

- O'Brien finished behind American Jamie Anderson (93.00) and Sarka Pancochova of the Czech Republic (90.00).

Twitter

@jewhittingham: Googling how Mark McMorris got so good at snowboarding on the prairies... #congrats on gold!

@benjinoon: Congrats to Saskatchewan's own Mark McMorris on winning the snowboard slopestyle for the second straight year. #Xgames

@Scott_Coulson: Lovin' the #rider gear on the McMorris crew at #navybigair.

@Carnyj409: Watching the recap of the Xgames all I can say is Marc McMorris threw it down #beast #bestsnowboarderoutthere

Saskatchewan's Mark McMorris gets airborne to win the gold medal in the men's snowboard slopestyle during Winter X Games Aspen 2013 at Buttermilk Mountain in Aspen, Col., on Saturday. DOUG PENSINGER/GETTY IMAGES

Inferno kills more than 200

A fire broke out at a nightclub in Brazil that was packed with students, leaving revellers trapped inside PAGE 6

Golden eagle

Remember that student video of a fake eagle snatching a baby in Montreal? It turns out the hoax was no joke when it came to raising money for the school PAGE 7

Penguins rebound

James Neal lifts Pittsburgh to a 2-1 victory over the Ottawa Senators with a flawless shootout PAGE 14

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Liberal leadership hopeful has Saskatchewan in sights

Martha Hall Findlay.
The candidate says her party has not been 'truly national,' aims to fix that starting with her tour of the province

MORGAN MODJESKI
Metro in Saskatoon

Canada's Liberal party is hoping to gain some ground in Saskatchewan, as one of nine of the current candidates running for the party's leadership will start a mini-tour across the province today.

Martha Hall Findlay said she feels her party has overlooked Saskatchewan for too long adding she hopes to show Saskatchewan voters the Liberal party is still an option.

"One of the frustrations that I have is that the Liberal party has clearly not been truly national in a really long time," said Hall Findlay. "I actually launched my campaign in Alberta because of my connections there and people said 'why have you done that?' and I said it's because I (have) every intention of leading a truly national party."

Hall Findlay said she feels the Liberal party needs to focus more on provinces like Alberta and Saskatchewan, touching on how none of the five leadership debates scheduled are taking place in either province.

"There are times when people say to me … the future of the Liberal party is 'we have to regain seats in Quebec and Ontario,' and being from Ontario, I don't disagree … but it certainly cannot be at the expense of the much needed efforts we need to (make) as a national party in places like Saskatchewan."

Hall Findlay's tour starts in Saskatoon Monday and will take her to various cities across the province including Regina, Yorkton and Moose Jaw.

Other leadership candidates in the race have also indicated they'll be focusing on Saskatchewan as Justin Trudeau, another Liberal leadership candidate running for the Liberal leadership, is scheduled to campaign in Saskatoon on Tuesday.

Liberal leadership candidate Martha Hall Findlay claps following the federal Liberal debate in Vancouver on Jan. 20. Hall Findlay will bring her bid for the party's leadership to Saskatchewan today. JONATHAN HAYWARD/THE CANADIAN PRESS

Juno TV ready to hit the Internet

Juno TV will be premiering on Tuesday. The online channel will feature original content and archived footage with a wide range of Canadian celebrities such as singer Carly Rae Jepsen. FRANCOIS DURAND/GETTY IMAGES

Canadian culture junkies are going to get a shot to the arm on Tuesday with the launch of Juno TV.

The brand new, year-round, online television channel is the product of a collaboration between the Juno Awards, the Canadian Academy of Recording Arts and Sciences and the Ontario Media Development Corporation.

The station is an unconventional addition to the 2013 Juno Week, which is being held in Regina and Moose Jaw April 15-21, it will also last after the awards are handed out and the Juno parties are finished.

Many details surrounding the project are being kept secret until the official announcement tomorrow. What is known, however, is that Ben Knechtel, award-winning director of Carly Rae Jepson's video for Call Me Maybe, will be Juno TV's videographer.

The goal of the station is to "cast a spotlight on today's talented musicians while bringing new life to legendary JUNO moments," through "exclusive original content and iconic archival footage."

A preview for the station can be found at junotv.ca. Featured in the preview are Canadian musicians from Jim Cuddy to Drake and everyone in between as well as some archived footage and interesting interviews from Canadian musicians.

JEFF MACKEY/METRO

Twitter

@TheJUNOAwards
#JUNOTV debuts on Tues! #TheExperts share how they got started in the music biz. Watch the trailer and stay tuned! http://www.junotv.ca

@beautiful_O21
#JunoAwards being hosted in my city this year! Same with #2013Grey-Cup ! Whoohoo LOL

@MelissaBrie
I just submitted my @TheJUNOAwards volunteer fee. It's @GonnaGet-Loud in April in #yqr with Canada's best musical talent. Apply by Jan 25!

New stadium

RRI funding up for vote at council

Regina City Council will have some big decisions to make on Monday night.

Included in the council's agenda will be a vote on the funding model for the new stadium and the stadium design concept. Council will also vote on approval of the CP Lands purchase, among other items.

The new stadium, which is part of the larger Regina Revitalization Initiative (RRI), has a $278-million price tag that will be split between the province of Saskatchewan, the City of Regina, and the Saskatchewan Roughriders Football Club.

The stadium concept is an open-air, 33,000 seat, sunken bowl design with the option of adding a retractable roof in the future. The Riders current stadium would require serious renovations in the future if a new stadium is not built.

Another item up for vote is the authorization of purchase for the CP Lands, also part of the RRI, which are 0.89 acres at Albert St. and North Railway St., valued at $770,000 and 4.895 acres west of Elphinstone south of Evraz Place, valued $734,000.

Other items on the agenda are the approval of the Regina Police Service budget, issuing a request for qualifications for the stadium project and the phasing out of the City of Regina's commercial solid waste collection service.

JEFF MACKEY/METRO

THE AVALANCHE THAT

Metro's Avalanche Week

The first in a five-part series

"Avalanche!"

The desperate warning comes as a skier helplessly watches a massive wall of snow cascade toward 14 students, two teachers and a chaperon. But it was too late to get out of the slide's path.

Feb. 1, 2003. Seven students, all 15 years old, died that day in B.C.'s Connaught Creek.

A decade after the most devastating avalanche season on record, the natural phenomenon continues to instil fear, intrigue, curiosity and awe.

The sheer spectacle — and danger — of avalanches remains the same, but much has changed since 2003.

Follow Metro all week as we delve into avalanche safety's darkest day and its lasting legacy on the nation.

We'll bring you stories of personal tragedy and survival, along with in-depth looks at the individuals and institutions working on the front line to keep people safe as more and more people venture into Western Canada's stunning wilderness.

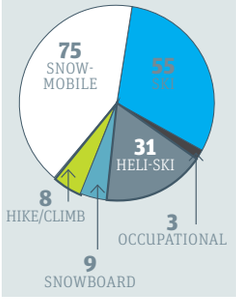
DAY 1

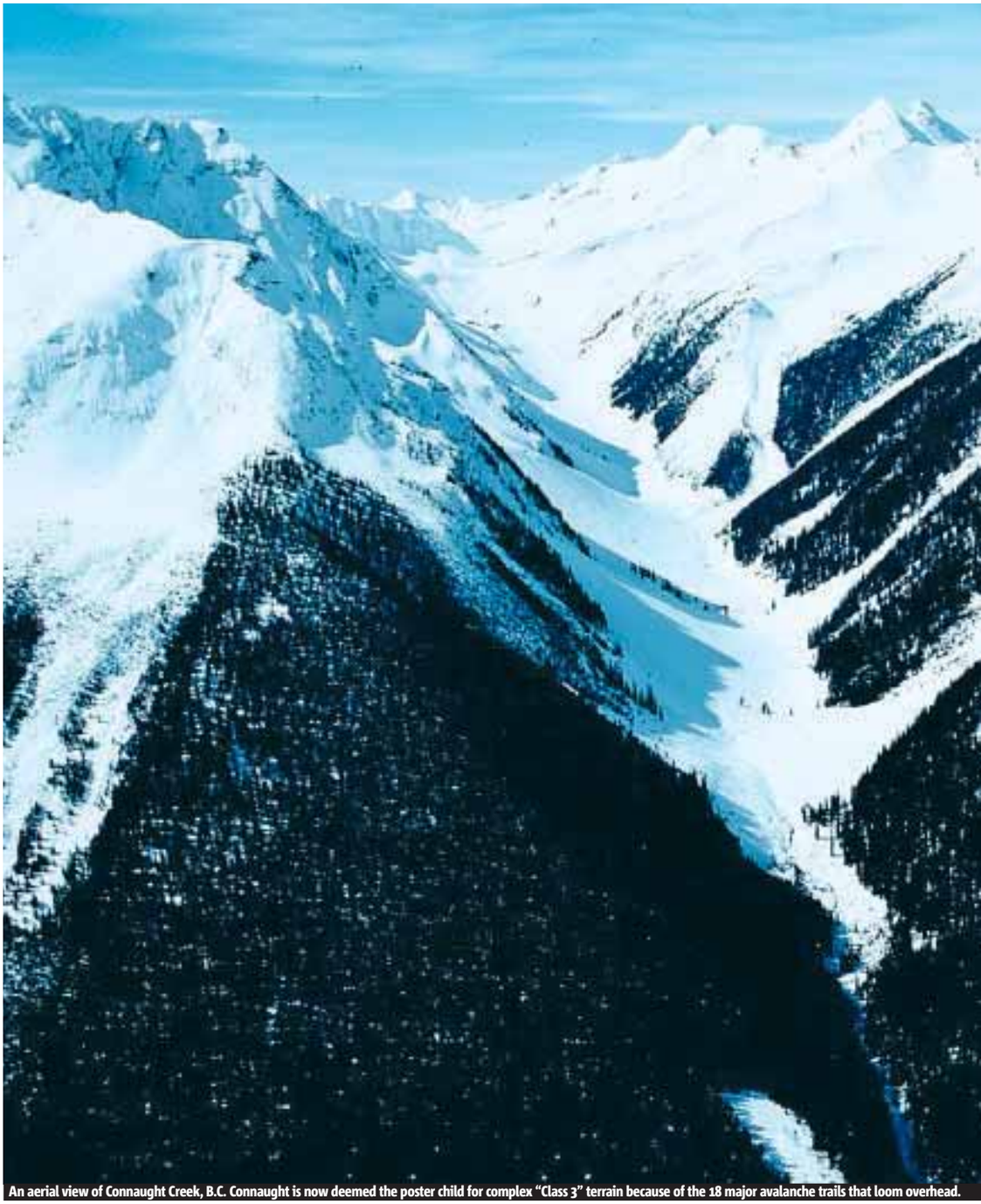
THE TRAGEDY

Tomorrow: The Risk
The call of the wild and its sometimes deadly nature.

B.C. deaths by activity: '96 - '12

SOURCE: B.C. CORONERS SERVICE





An aerial view of Connaught Creek, B.C. Connaught is now deemed the poster child for complex "Class 3" terrain because of the 18 major avalanche trails that loom overhead.

Impetus for change

The deadliest avalanche season on record forced Parks Canada to reform the country's avalanche safety systems.

The winter of 2002/2003 claimed the lives of 29 people (25 in British Columbia).

The most shocking incident was the deaths of the seven students in Connaught Creek

"It was a huge shakeup," said Grant Statham, a mountain risk specialist hired by Parks Canada to implement 36 recommendations in the aftermath of the slide.

Parks Canada developed world-leading public avalanche and terrain bulletins, provincial and federal governments got involved in funding programs, signage at parks were ramped up and regulations were put in place dictating where supervised groups of youth could, and could not, access.

The recommendations also led to the creation of the Canadian Avalanche Centre, one of the lasting legacies of the 2002/2003 season.

The changes, unprecedented in scope, were born out of a deep collective pain and the desire to prevent future tragedies.

Quoted

"It was definitely a watershed moment for public avalanche safety."

Grant Statham, mountain risk specialist for Parks Canada

"One of the most important things was having the parents (of victims) involved," he said. "That was very tough, to work with someone that was grieving so much. There were a lot of fingers being pointed at us."

But it was worth it.

Many of the advances in Canada, such as the avalanche danger scale and icons, have since been universally adopted around the world.

Avalanche fatality rates remain fairly steady (averaging around 10 a year in B.C.) even though backcountry use has grown exponentially.

"2003 has affected us deeply," said Statham. "It was a terrible event. But out of that, a lot of good has been done in the 10 years since."

MATT KIELTYKA/METRO IN VANCOUVER

Scott Broshko

Michael Shaw

Marissa Staddon

Jeff Tricket

CHANGED EVERYTHING

CONTRIBUTED/PARKS CANADA

Seven students dead.

Grief pushed parents to fight for better standards

EMILY JACKSON
Metro in Vancouver

For decades, a ski trip along Connaught Creek trail near B.C.'s majestic Rogers Pass was the crown jewel of the school's renowned outdoor education program.

On Feb. 1, 2003, Grade 10 student Daniel Arato was to follow in the tracks of his older brother, who a few years before safely completed the overnight trip, run by the prestigious Okotoks, Alta.-based Strathcona-Tweedsmuir School.

But in just four seconds that Saturday morning, an avalanche barreled into the valley as the group crossed, resulting in a tragedy that would forever change Canada's approach to avalanche safety.

Daniel and six other students, all 15 years old, lost their lives.

Seven of their peers, two teachers and one volunteer leader survived, largely due to the immediate rescue efforts from a husband and wife pair of mountain guides who happened to witness the avalanche from a nearby slope. All were buried or partially buried under snow the coroner described as "like concrete" in the area's largest avalanche in 25 years.

The tragedy rocked the community as devastated families, friends and teachers grappled with the enormous loss. How could this happen to a group that was equipped with the right gear, well organized, educated in avalanche safety and on a path that hundreds traverse annually?

Daniel's parents, Peter and Judith Arato, say the school, Parks Canada and they, as parents, simply didn't understand or appropriately address the risks associated with the backcountry.

"You send your kids to school, and I think as parents we intrinsically trust that school is not taking any risks with your children," Judith said in an interview, her voice pausing only when she recounted the moment she learned of the accident. "They didn't themselves recognize they were playing Russian roulette with the children's lives."

In the decade since the tragedy, the Aratos' grief pushed them to work with Parks Canada to change the mindset from the "Enter at your own risk" signs posted at national park entrances to a culture of safety.

And though safety improvements won't bring back their son or his classmates Ben Albert, Scott Broshko, Alex Pattillo, Michael Shaw, Marissa Staddon and Jeff Trickett, the considerable safety changes are rewarding.

"We'd be disappointed if there was a tragedy and no one did anything," Judith said.

Snowshoers head into Seymour Provincial Park Jan. 20, where avalanche signage is impossible to miss.
JENNIFER GAUTHIER/METRO IN VANCOUVER

From 'enter at your own risk' to a culture of safety

Better practices

It was not acceptable to the Aratos that seven deaths were considered within the "normal" range during avalanche season.

"Every year if we had seven kids dying, would that be OK?" Peter questioned Parks Canada in the months that followed. "You need to work on getting the mindset to change."

Parks Canada agreed, and 10 years after the deadliest winter for recreational backcountry users on record, there is a culture of safety in place.

Parks Canada revamped the way risk is measured, rated terrain on its complexity and created separate rules for custodial groups. And any group of children not under parental custody will never traverse the highly complex Connaught Creek trail again.

The Aratos and the other parents never called for the cancellation of the outdoor education program, but an independent report on the Strathcona-Tweedsmuir School program by consultant Ross Cloutier in June 2003 recommended changes.

He found that it had become more "adventure" than "outdoor" education. Though he concluded most recreation, commercial and school groups would likely have skied that day, the real question was how much risk a school is willing to take.

The program now accepts a lower level of risk, outdoor education director Bruce Hendricks said.

The school holds extensive briefings for parents, updated its emergency response protocol and holds trip debriefings to seek continuous improvement.

Hendricks gets a dozen requests a year from schools looking to emulate the program, which was accredited by the Association for Experiential Education last year.

EMILY JACKSON/METRO IN VANCOUVER

Exclusively online

Judith and Peter Arato
CANDICE WARD/FOR METRO

The Aratos were shocked by what they saw when they took a helicopter ride over Connaught Creek after the accident. Listen to their story at metronews.ca/features/avalanche-week.

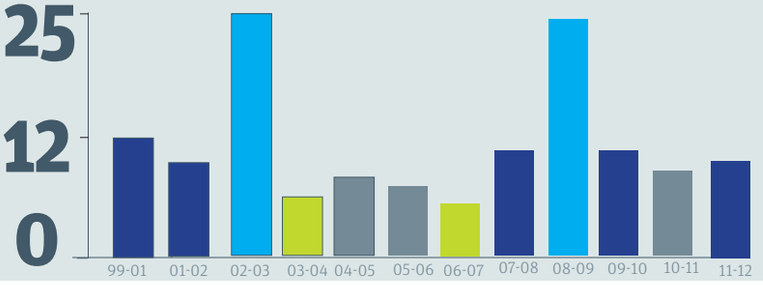
Ben Albert

Alex Pattillo

Daniel Arato

Avalanche deaths in B.C. between 1999 and 2012.

SOURCE: B.C. CORONERS SERVICE



Nightclub blaze kills over 230

Santa Maria, Brazil. Wall of bodies and toxic smoke prevented revellers from escaping

A fast-moving fire roared through a crowded nightclub in southern Brazil early Sunday, within seconds filling the space with flames and a thick, toxic smoke that killed more than 230 panicked partygoers who gasped for breath and fought in a stampede to escape.

Witnesses said pyrotechnics lit by band members started the blaze in Santa Maria, a city of about 260,000. Officials at a news conference said the cause was still under investigation — though police inspector Sandro Meinerz told the Agencia Estado news agency the band was to blame and that manslaughter charges could be filed.

Television images showed smoke pouring out of the Kiss nightclub as shirtless young men who had attended a party joined firefighters using axes and sledgehammers to pound at windows and walls to free those trapped inside.

Guido Pedroso Melo, commander of the city's fire department, told the O Globo newspaper that firefighters had trouble getting inside because of a "barrier of bodies blocking the entrance."

Bodies of the dead and injured were strewn in the street and panicked screams filled the air as medics tried to help. There was little to be done; officials said most of those who died were suffocated by smoke within minutes.

Within hours a community gym was a horror scene, with body after body lined up on the floor, partially covered with black plastic as family members identified kin.

Guitarist Rodrigo Martins, of the band Gurizada Fandangueira, told Radio Gaucha that the fire "might have happened because of ... the machine we use to create a luminous effect with sparks."

He confirmed that accordion player Danilo Jacques, 28, died, while the other five members made it out safely.

Police Maj. Cleberson Braida Bastianello said by telephone that the toll had risen to 233 — he said earlier that the disaster was likely made worse because the club appeared to have just one exit.

Friends and family mourn over one of hundreds brought to a gym for identification. NABOR GOULART/THE ASSOCIATED PRESS

"Large amounts of toxic smoke quickly filled the room, and I would say that at least 90 per cent of the victims died of asphyxiation," said Dr. Paulo Afonso Beltrame, a professor at the medical school of the Federal University of Santa Maria.

Beltrame, who went to the city's Caridade Hospital to help, said he was told the club had been filled far beyond capacity.

"The toxic smoke made people lose their sense of direction ... At least 50 bodies were found inside a bathroom. Apparently they confused the bathroom door with the exit," he told The Associated Press by telephone. THE ASSOCIATED PRESS

Italian fascism

Mussolini 'did good': Berlusconi

Former Italian Premier Silvio Berlusconi praised Benito Mussolini for "having done good" despite the dictator's anti-Jewish laws, sparking outrage as Europe held Holocaust remembrances on Sunday.

Berlusconi also defended Mussolini for allying with Hitler, saying he likely reasoned it would be better to be on the winning side.

Italian laws forbid the defence of fascism. A candidate for local elections pledged that he will seek to have Berlusconi prosecuted. THE ASSOCIATED PRESS

Plane crash

Bodies to stay in Antarctica for now

Officials have called off efforts to recover the bodies of three Canadians after a plane crash in Antarctica, deeming it unsafe to further disturb the wreckage.

One of the agencies investigating the crash says winter weather will delay recovery until the next Antarctic research season. THE CANADIAN PRESS

GET ON BOARD WITH REGINA TRANSIT'S NEW PLAN
Check out the new routes and share your feedback.
Regina Transit wants to make service faster and more efficient for all customers. In order to do so, we're planning significant changes to some of our existing routes. Join us at one of our upcoming Information Sessions to learn more about the proposed changes.
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January 30th
3 to 8 p.m.
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February 1st
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Albert Scott Community Centre
February 4th
5:30 to 8 p.m.
Northgate Mall
January 31st
3 to 8 p.m.
Victoria Square Mall
February 2nd
11 a.m. to 3 p.m.
University of Regina Riddell Centre
February 5th
10 a.m. to 2 p.m.
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City of Regina | REGINA

'Never Again': Vow renewed on Holocaust Remembrance Day

A woman lights a candle at a Holocaust memorial ceremony at Raoul Wallenberg Square in Stockholm, Sweden. LEIF R JANSSON/SCANPIX SWEDEN/THE ASSOCIATED PRESS

Holocaust survivors, politicians, religious leaders and others marked International Holocaust Remembrance Day on Sunday with solemn prayers and the now oft-repeated warnings to never let such horrors happen again.

Pope Benedict XVI, speaking from his window at St. Peter's Square at the Vatican, advocated constant vigilance.

"The memory of this immense tragedy ... must represent for everyone a constant warning so that the horrors of the past are not repeated, so that every form of hatred and racism is overcome and that respect for, and dignity of, every human person is encouraged," the German-born pontiff said.

In a statement, U.S. President Barack Obama said that "the United States, along with the international community, resolves to stand in the way of any tyrant or dictator who commits crimes against humanity and stay true to the principle of 'Never Again.'"

As every year, Holocaust survivors gathered in the Polish winter at Auschwitz — but they shrink in number each year.

The key event in this year's ceremonies was the opening of an exhibition prepared by Russian experts that depicts Soviet suffering at the camp and the Soviet role in liberating it.

Several years ago, Polish officials stopped the opening of a previous exhibition deemed offensive because it depicted Poles and others in Soviet-controlled territory as Soviet citizens, when in reality they were occupied against their will.

The new exhibition — titled Tragedy. Courage. Liberation — removes the controversial terminology. It took years of discussions between Polish and Russian experts to finally complete it. THE ASSOCIATED PRESS

A video produced by students at Montreal's Centre NAD appears to show a massive bird plucking an infant off the ground. The video has generated enough money on YouTube to fund a scholarship. YOUTUBE/THE CANADIAN PRESS

Fake eagle snatches baby! Funds design scholarship!

Profitable hoax. Viral video wasn't real, but its YouTube views have generated solid cash for Montreal school

A baby-stealing fake eagle is helping a deserving student take flight. The viral video of the eagle, created by students at Montreal's Centre NAD, has received international media attention and had more than 41 million views on YouTube since it was posted on Dec. 18. The minute-long video purported to show an eagle swooping down and grabbing a toddler in its talons at a Montreal park.

And the school says it's also generated a few bucks that will go toward a scholarship for a deserving student at the 3D animation and digital design school.

School spokeswoman Claude Arsenault says the amount of the scholarship hasn't been determined because the cheque hasn't yet arrived from Google, YouTube's owner.

The school and the students who made the video can't profit from it because it was made with software bought under an educational licence. Arsenault said the AdSense account with YouTube wasn't even created until some time after it had been initially posted as the school ensured it could do it in accordance with its licences.

Putting the money to a good cause is fine with the video's creators, who were rewarded with a grade of A+ for their work on the class project.

THE CANADIAN PRESS

BB10 launch. Can RIM get its groove back?

Once a leader but now derided as a laggard, BlackBerry-maker Research In Motion hopes to regain the confidence of cynical smartphone users this week as the curtain is lifted on its much-anticipated new smartphones.

The stakes are high for the Wednesday unveiling, which many observers say will determine whether RIM survives to see the launch of another BlackBerry smartphone.

It has been a steep decline for RIM, which less than five years ago was the most valuable company in Canada, above Royal Bank. Affectionately called the CrackBerry maker, the mobile communications pioneer was Canada's crowning achievement of the technology sector.

At the height of its hype, the BlackBerry device was splashed across television shows and movies, while then-presidential candidate Barack Obama proclaimed he was a BlackBerry faithful during his first run at the White House.

Nowadays, when observers go through a litany of instances when the company stumbled, they point to everything from RIM underestimating the iPhone's potential; to its leaders being distracted by the possibilities that success brought them; to technical problems including a worldwide four-day outage in October 2011; to the failed launch of the PlayBook, RIM's answer to Apple's iPad.

They also mention the blow to RIM's reputation caused by the delay of its next-generation BlackBerrys, which were seen as the company's best hope to maintain market share against Apple and Android devices. The devices' planned release was pushed into 2012, then delayed again throughout last year.

When the BlackBerry 10 smartphones and operating system are finally showcased to the world this Wednesday, a new chapter in RIM's history will begin.

THE CANADIAN PRESS

Philanthropy

New York City Mayor Michael Bloomberg gets a kiss on New Year's Eve in Times Square. He is donating $350 million US to his alma mater, Johns Hopkins University. MIKE COPPOLA/GETTY IMAGES

Bloomberg's donations to alma mater top $1B

New York City Mayor Michael Bloomberg is donating $350 million US to Baltimore-based Johns Hopkins University, the bulk of it to help expand its research on such cross-disciplinary issues as global health and urban revitalization, as his lifetime giving to his alma mater soars past $1 billion US.

University officials said they believe Bloomberg, who amassed his fortune creating global financial services firm Bloomberg LP, is now the first person to give more than $1 billion US to a single American university.

THE ASSOCIATED PRESS

CITY ADMINISTRATION'S PROPOSED 2013 BUDGET

Budget in Brief

City of Regina | REGINA Infinite Horizons

Capital and operating budgets

To continue investing responsibly and building a sustainable future, City Administration is proposing a 4.45 per cent mill rate increase.

Highlights

- $69.2 M for Regina Police Services operations (as recommended by the Board of Police Commissioners)
- $54.8 M in construction, repairs and maintenance for roads, bridges and alleys
- $40.3 M for Fire & Protective Services operations
- $18.2 M in managing waste and the landfill
- $17.9 M in maintaining and improving parks and golf courses
- $3.2 M in starting curbside recycling and moving forward with Waste Plan Regina

Water & Sewer Utility budget

The water and sewer budget is funded through the utility. In 2010, City Council approved 9 per cent rate increases for 2011 to 2013.

Highlights

- $38.6 M in operating and upgrading the water system
- $22.7 M for operating and upgrading the wastewater treatment plant and wastewater collection system
- $15 M for maintaining and upgrading the drainage system

With the proposed mill rate and approved water rate increases, the City's budget for 2013 will be $566 million.

The Administration's budgets will go to Executive Committee on Monday, January 21. The budgets will then be tabled at Council and will go back to Council for approval in February. These meetings all take place at 5:30 p.m. in Henry Baker Hall at City Hall.

Residents are welcome to attend. To appear as a special delegation, please call 777-7262 for details.

See the proposed budgets at **Regina.ca**

SUPERMAN OF ALL CFL TRADES

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

What are they smoking in Lotus Land?

Whatever it is, it obviously has a negative effect on their football IQ.

It's hard to believe that the B.C. Lions have traded the CFL's all-time passing yards leader to the Saskatchewan Roughriders for a handful of beans, but it's true:

Geroy Simon, aka Superman, the league's leading receiver and arguably the CFL's greatest receiver ever, for bench-rider Justin Harper and a third-round pick in the 2014 Canadian College draft.

I've been sitting here for the last 20 minutes reading that sentence over and over again, patiently waiting for it to make sense, but it doesn't and it never will.

Good thing, if you're a Roughies fan.

Here's what Saskatchewan gets: A receiver who has caught at least 100 passes in 10 of the last 12 seasons, who has scored 100 touchdown passes and has scored a rushing touchdown, even though he's a receiver. He has piled up more yards than any receiver in CFL history — 15,787. That's damned near nine miles. He's 29 away from breaking the record for number of catches, too.

Last year, although he missed five games because of a hamstring injury, he caught 54 passes for 700 yards and scored two touchdowns. Bad year, but he's clearly close to breaking Ben Cahoon's record for catches, at 1017. And he'll do it in green and white.

Geroy Simon's stats

For the last 12 seasons, he has been the primary weapon on offence for the CFL's reigning football dynasty and they just sent him to Saskatchewan for a guy who caught nine passes last year.

Let's acknowledge that Simon is getting a little long in the tooth for a football player: He's 37, and will be 38 in his 13th season. But for the last 12 seasons, he has been the primary weapon on offence for the CFL's reigning football dynasty and they just sent him to Saskatchewan for a guy who caught nine passes last year.

No disrespect to Harper, but I could catch nine passes.

Well, maybe not.

This is either going to go down as the greatest heist since the Great Train Robbery, or those sneaky B.C. felines aren't telling us something. Has Superman succumbed to Kryptonite? Are his hamstrings shot? Is Harper, who has spent his entire career keeping the bench company, some kind of secret weapon?

Simon, who's always been right so far, says he's a winner and has plenty of that winning football left to bring to Saskatchewan. And really, all he has to do is catch 10 passes to surpass Harper's most recent output for an entire year. Speaking of 10, did I mention that Simon has 10 100-yard games against Saskatchewan in his career, 62 in total?

It may be his last hurrah, or like the legendary Gerry Rice, he may have a few hundred catches under his cape before he returns to the Fortress of Solitude or Florida or wherever it is retired superheroes go.

But for one season at least, Superman's on our side.

My 'Knit'tle Ponies take centre stage

ROB MCDOUGALL/VISITSCOTLAND.COM

Scottish heritage

Ponies in jumpers promote Scotland

Scotland is experiencing rather cold, wintry weather as of late, and the locals are certainly dressing for it.

Shetland ponies Fivla, left, and Vitamin are donning traditional Fair Isle-style cardigans for a new advertising campaign championing the natural side of Scotland, the country's knits and farming communities.

METRO

Animal centre's viewpoint

"It was perhaps an odd request to get the ponies in Fair Isle (clothes), and a bit silly, but they were perfectly happy. Hopefully, these pictures will make people smile."

Jo Tonkinson, co-owner of Thordale Shetland Driving Centre, where Fivla (17 years old) and Vitamin (18 years old) are reared.

It is believed that the ponies are related to the ancient Scandinavian ponies from when the islands were joined with Scandinavia (up until 8,000 BC).

Pony promotion power

'Iconic' animals draw attention of the world

Why use the diminutive horse to promote Scotland?

"The ponies are iconic around the world," said Amy Robertson, a spokeswoman from Visit Scotland.

"With Shetland wool and knitwear being so in demand, it seemed like a fun way to celebrate Shetland's natural landscapes, products and heritage."

METRO

Shetland Islands

- **Birdwatchers' paradise:** Home to around 200,000 puffins.
- **Life's a beach in Shetland:** Boasts 138 sandy beaches.
- **Vikings' fire fest:** Up Helly Aa is Europe's largest fire festival. Featuring a torch-lit procession, the annual festivities culminate in the burning of a replica Viking long ship that is then put out to sea.

Soldier games

Off-duty Harry plays butler to squad

Prince Harry's off-duty time in Afghanistan appeared to be full of war movies, board games and elaborate candy trades.

The 28-year-old helicopter pilot and fellow members of his squad swapped Kit Kats and Rice Krispies Squares for American soldiers' M&Ms, according to a British media pool report released Sunday.

Harry himself outlined one of his less-prestigious duties. He said anyone who lost at Uckers — a military game similar to Ludo or Parcheesi — had to then wait on his comrades like a Buckingham Palace butler, ready with a fresh cup of tea whenever anyone rang their bell.

Harry returned to Britain on Wednesday after a 20-week deployment in Afghanistan in which he acknowledged that he had targeted Taliban fighters from the cockpit of his Apache attack helicopter.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does online dating lead to less passionate relationships?

Twitter

@Drofmab: Seeing 4 wheel drives getting pushed out of the ditch by Corolla drivers warms the cockles of my heart. #sask #corolla

@meganogren: Nice day to be on the ice #sask #outdoors

@Patb70: Nice to see a prairie boy dominate a mountain sport! Congrats @markmcmorris. #sask #domination.

@SKCDP: Beautiful morning to shovel and take your dog for a long walk. #yqr

@Heather4Regina: Ok. Now that we have 5 female premiers, can we work on electing them some colleagues?! #ONpoli #skpoli #CANpoli

@BishopGfresh: @Cmdr_Hadfield Good morning from the middle of the #Saskatchewan !! Love seeing your pics!! How about some Tragically Hip? :)

metro
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Hollywood

Abrams vows to make Star Wars fans proud

J.J. Abrams calls getting assigned to direct the seventh live-action Star Wars film "as surreal as it is exciting."

The director-producer-writer spoke with a handful of media outlets on the red carpet before darting into the Producers Guild Awards on Saturday night. Abrams was there to accept the Norman Lear Achievement Award for such television works as Felicity (1998 to 2002), Alias (2001 to 2006), Lost (2004 to 2010), Fringe (20082013) as well as the current series Person of Interest and Revolution.

Abrams also is proving to be a go-to director of successful new films for long-established franchises, such as Star Trek and Mission: Impossible.

Last week, Lucasfilm officially announced Abrams' hiring for Star Wars: Episode VII, which has a tentative release date of 2015. Star Wars creator George Lucas personally endorsed Abrams in a statement: "I've consistently been impressed with J.J. as a filmmaker and storyteller. He's an ideal choice to direct the new Star Wars film and the legacy couldn't be in better hands."

As for Abrams' plans for Episode VII? "You know, obviously, it's so early," he replied. "I can just say what I want to do: I want to do the fans proud. I want to make sure the story is something that touches people. And we're just getting started. I'm very excited."

THE ASSOCIATED PRESS

Rob Corddry says he could play the best friend role in romantic comedies for the rest of his life. HANDOUT

Whose line is it anyway?

Warm Bodies.
Rob Corddry is the best friend of few words in this zom com that required some improv-muscle flexing

NED EHRBAR
Metro World News in Hollywood

Rob Corddry is more than happy playing the best friend in romantic comedies, especially if it involves being a flesh-eating zombie. For Warm Bodies, he takes on the task of dispensing romantic advice to his love-lorn pal (Nicholas Hoult) without the help of verbal communication.

In the romantic comedy world, the best friend character is a pretty familiar role. How different is it when you only have four or five actual words of dialogue in the entire movie?
Before I auditioned for this, somebody said, "Are you sick of playing best friends all the time?" And I was like, "No." I wouldn't play the same one over and over again, but I would play shades of that stock character for the rest of my life. Because it's got everything, you know what I mean? You're often the comic relief, you have your own moments — usually, in good ones, in good stories — you have your own either comeuppance or realization. But this one is like, it doesn't get much of a different shade of that character than this, so it was even more attractive to me.

Your bar "conversation" with Nicholas, with no words, was great. I think I've seen improv exercises like that.
Oh God. Yeah, I've suffered through some myself. This sounds like a brag, but it's very funny, actually. I pitched that conversation taking place at an airport bar, and (director) Jonathan (Levine) was like, "That's actually a good idea." We were at dinner or something and he got on the phone. I'd forgotten about it, and then about 10 minutes later he goes, "They're going to see if they can build the airport bar. I like that idea. By the way, that's a $25,000 idea. You just cost the production $25,000 with this whim!"

How much of a challenge is improvising without the use of words?
I didn't find it a different challenge. Improv should only be a tool and not something that you abuse willy-nilly. Because if you're doing a script, it's because you really like the script and you like the words, and it's not yours to, like, make better somehow. As a matter of fact, I was never the fastest improviser on my team or whatever. But I was young, so I just thought I was bad. I wish I were doing it now, because you recognize it's like a team and everybody's got their job to do. It's like Moneyball, but for improv.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is this the set list for Beyoncé's Super Bowl XLVII halftime show?

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Beyoncé — can she keep anything under wraps? First her cover was blown about lip-syncing at the presidential inauguration by a member of the Marine Corp Band (loose lips sink ships — and egos) and now someone has leaked her possible set list for her Super Bowl XLVII halftime show.

According to Us Weekly, the set will start out with just Beyoncé singing her solo hit, Crazy in Love, and then she'll be joined on stage with her Destiny's Child mates Kelly Rowland and Michelle Williams for Bills, Bills, Bills and Survivor. They'll then wrap up the performance with their new single, Nuclear.

The only way this reunion will be complete is if Tina Knowles comes back on board with her match-matchy, cheapo costumes she used to design for the girls. Make it happen, universe!

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Travel Tidbit

Start budgeting before you book

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

A Thomas Cook travel survey reveals that 77 per cent of Canadians plan to travel in 2013. This, despite the fact that many of them say they have to cut down on other expenditures in order to afford it.

Setting up a budget that includes saving for a trip can be tough. Start with deciding realistically where you want to go, how you'll get there, what you want to do and ultimately how much it will cost. It can be easy to research this information on the Internet or work with an accredited travel agent.

Allow for a 10 per cent differential due to changing fuel and other variable costs, and remember to take into account "busy season" rates, depending on when and where you're travelling.

Once you have your target cost, look for areas in your current spending where you can save. For example, 61 per cent of families surveyed said they would eat out less to save toward their vacation.

Cutting back on entertainment and other leisure activities can contribute to your vacation account. Set up a separate bank account (find a no-fee one) to start banking your bucks for a well-needed family getaway. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Exclusively online

- Who knew that Mommy's most significant parenting feat thus far would be finding you a sippy cup that actually functions properly. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keeping Fido toasty

Protecting Pets. Take precautions to keep dogs and cats safe as winter settles in

Dogs and cats can be somewhat insulated, but in frigid temperatures, pet owners need to take extra measures in protecting them. THE CANADIAN PRESS/GRAEME ROY

Don't let the fur fool you.

Dogs and cats can be somewhat insulated by their warm-feeling coats, but in the face of frigid temperatures, pet owners need to take extra measures in protecting Fluffy and Fido.

Assessing how long to let pets stay outdoors should be based on numerous factors including the animal's breed, coat type, general health and age, according to an online article originally published in 2010 by the Canadian Veterinary Medical Association.

Determining whether the pet has been acclimated to colder weather and its desire to spent time outdoors should also be considered, the association wrote.

"If you like to let your cat out in the backyard, let's say, to roam around on your own property for a short period of time, you should be supervising your animal in a cold weather environment," said Ontario SPCA inspector Paul Harrison.

If an animal is left outside unsupervised and snow, sleet or rain develops, it won't be able to hold its body temperature without proper shelter to take refuge in, he noted.

If a dog is kept outside in the backyard, Harrison said owners should ensure the shelter is raised above the ground and is well-insulated with shingles. The door should be facing away from prevailing wind.

It's also key to check that an animal's water supply hasn't been frozen and is housed in a non-spillable dish, with the option to consider purchasing a heated water bowl, he added.

Koryn Greenspan, owner of Toronto-based Urban Dog Walks, believes in the BBC acronym for winter pet protection: booties, balms and coats.

Greenspan said her pooch, Georgia, is "very finicky" when salt gets into her front paws. Prior to taking her German shepherd-husky-collie mix outdoors, Greenspan tries to ensure her pet stays calm as she applies protective balm on Georgia's paws. "You just want to always instil trust and comfort because it's uncomfortable for the dogs at first to have their paws handled in that way."

The Canadian Veterinary Medical Association suggests trimming excess hair from between a pet's toes, where it tends to trap salt. Ensure any residual salt is rinsed off or removed with a damp cloth and fully dried back at home. Coating the hair between the undersides of the toes with a thin layer of petroleum jelly can help to repel the ice, the association wrote. **THE CANADIAN PRESS**

Blackberries and toddlers

There are a few similarities:

1. Mothers joke about how the only time they get to themselves is in the bathroom. This is a complete lie. The peaceful, private utopia usually lasts for only about 3.7 seconds, since both the toddler and the BB inevitably choose the most inopportune moment to interrupt with a whine, yell, thump, or buzz.

2. You've answered all the questions, soothed all the fears, and have powered down everybody and everything for the night. NOT. As soon as you slip into that blissful and necessary deep sleep, you will be awakened by the sound of whining. In this circumstance, the electronic toddler has one clear advantage: There have been no reported cases of a BB oozing out any liquids that require immediate clean up.

3. If they're quiet, you're constantly checking them to make sure everything is OK. If they're loud and interrupting, you just want them to shut up and go away.

4. You love them. You hate them. They drive you crazy when they're "on" and look adorable when they're sleeping. **FROM THE BLACKBERRY DIARIES: ADVENTURES IN MODERN MOTHERHOOD©. COPYRIGHT © 2009 BY KATHY BUCKWORTH. PUBLISHED BY ARRANGEMENT WITH KEY PORTER BOOKS.**

metronews.ca

Frittata with Smoked Salmon replaces lox with cream cheese

ROSE REISMAN
for more, visit
rosereisman.com

This Frittata with Smoked Salmon, Cream Cheese and Dill is a light and healthy alternative to lox and cream cheese on a bagel. Serve it alongside whole grain toast or an English muffin for a complete meal. Smoked salmon freezes well and will keep in the refrigerator for up to one week.

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely diced onion
- 1/2 tsp crushed fresh garlic
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- pinch salt and freshly ground black pepper
- 2 tbsp low-fat cream cheese, softened
- 3 tbsp chopped fresh dill
- 1/4 cup diced smoked salmon

This recipe serves 2. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Lightly coat a small non-stick skillet with vegetable oil spray. Heat the oil over medium heat and sauté the onion and garlic for 3 minutes, or until the onion is tender and lightly browned. Remove from the heat and set aside.

2. Whisk the egg substitute, egg whites, milk, salt and pepper together. Add the onion mixture.

3. Spray a clean 10-inch skillet with vegetable oil, add the egg mixture and cook for 4 minutes, or until nearly set.

4. Dot the cream cheese over-top, cover and cook until the frittata is set, 2 minutes. Sprinkle with the dill and smoked salmon. Slip frittata onto serving platter with spatula.

5. Cut into wedges and serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Healthy eating

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Swiss Chalet, aside from its delicious "jus" and chicken dinners, is known for other options. However, some of those options will pack on the calories.

Swiss Chalet Poutine

910 calories / 50 g fat
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Equivalent

One Swiss Chalet Poutine is equal in calories to a 1 1/4 lb flank steak.

Swiss Chalet Classic Hot Chicken Sandwich (with white meat)

520 calories / 11 g fat
This is a more nutritious meal with lean protein and little fat.

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Infinite Horizons

Skip fried foods for Baked Sesame Shrimp Toasts

1. Heat the oven to 400 F.

2. On a rimmed baking sheet, arrange the baguette slices in a single layer. Spritz the bread slices on both sides with cooking spray. Bake them on the oven's middle shelf for 4 minutes. Remove them from the oven, turn over each slice, then set aside. Reduce the oven to 350 F.

3. In a food processor, combine the shrimp, egg white, sake, ginger, garlic, hot sauce, 1/2 teaspoon of the sesame oil, the salt and the sugar. Puree until smooth. Transfer the mixture to a bowl and stir in the water chestnuts and scallions.

Ingredients

- 32 diagonally sliced 1/2-inch-thick baguette slices
- Cooking spray
- 1/2 lb raw shrimp, peeled and deveined
- 1 large egg white
- 2 1/2 tsp sake, Chinese rice wine or dry sherry
- 2 tsp finely grated ginger
- 1 large garlic clove, minced
- 1 1/2 tsp hot sauce
- 1 1/2 tsp toasted sesame oil, divided
- Heaping 1/4 tsp kosher salt
- 1/4 tsp sugar
- 4-oz can water chestnuts, drained and finely chopped
- 2 scallions, finely chopped (about 1/4 cup)
- 1/4 cup low-fat mayonnaise
- 2 tsp sesame seeds

This recipe makes 32 toasts. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. In bowl, stir mayonnaise and remaining 1 teaspoon sesame oil. Mound rounded tablespoon of the shrimp mixture on top of each toast and spread evenly over the toast. Brush the top of each mound with some of the mayonnaise mixture, then sprinkle with sesame seeds.

5. Bake on the oven's middle shelf for 12 to 14 minutes, or until the shrimp mixture is just cooked through. Serve hot. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Don't get taken while you type

Familiarize yourself with your social network's privacy settings to help control who can see your information. ISTOCK

Social snakes. The Net can be an impressive tool for self-promotion, but watch out for those info-snatchers

Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials.

Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18 to 30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online — information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same survey also found that young adults are most likely to share their PIN and lend their credit or debit card to others.

Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada.

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these security tips before posting online:

• Personal information is just that — personal. Don't post information such as payment card info or your SIN in a public forum or on a social networking site.

• Pay close attention to what you share on social networking sites — even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.

• Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

NEWS CANADA

Keep an eye out

Scams aren't always what they seem

- Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be.
- Scammers may use tactics like phishing and social engineering to trick consumers into divulging personal or payment information.

Less posts, less problems

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Gord Jamieson
Visa Canada

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Penguins captain Sidney Crosby scores a shootout goal on Craig Anderson at Scotiabank Place on Sunday night. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Neal puts nail in Senators' coffin

NHL. Penguins forward produces in regulation and shootout at Scotiabank Place

On Sunday

Penguins	Senators
2	1

The Ottawa Senators and Pittsburgh Penguins were fairly evenly matched on Sunday — except for James Neal.

Neal scored in regulation and in the shootout as the Penguins defeated the Ottawa Senators 2-1.

"It was a little sloppy at times, but you've got to win them like that," said Neal. "It's going to be like that at times this year."

Sidney Crosby and Evgeni Malkin, with the winner, also scored in the shootout for Pittsburgh (4-2-0), which snapped a two-game skid. Marc-Andre Fleury made 31 saves for the win.

"We obviously didn't want to keep sliding," said Crosby. "Every game is so important. It wasn't a pretty one but it was good we were able to find a way."

Colin Greening scored a second-period goal for the Senators (3-2-1), while Jason Spezza and Kyle Turris collected shootout goals after Fleury stopped Milan Michalek with the first attempt.

"Fleury was big for us tonight," said Neal.

Craig Anderson turned aside 33 of 34 shots and has allowed just three regulation goals through four games so far this season.

The Senators had a golden opportunity to win in regulation when Erik Karlsson's slap shot from the slot sailed just wide of Fleury with less than 40 seconds to play.

"The puck was bouncing a bit and I couldn't really settle it," Karlsson said. "I just tried to whack it and it didn't work out."

Jakob Silfverberg had a chance in overtime for the Senators, but after stealing the puck at his own blue-line from Chris Kunitz, he was tracked down on a breakaway by Ben Lovejoy before getting a shot off.

"The pace picked up at the end and both teams really tried to win the game," said Karlsson. "That's what hockey is about — no team played to lose and both teams were going for it and trying to create chances. It was a tricky game."

THE CANADIAN PRESS

NHL

Capitals edge Sabres for first win of season

An NHL routine gone missing for 262 days made an overdue return Sunday: Alex Ovechkin scored a goal, and the Washington Capitals won.

Ovechkin's tally proved to be the decisive goal, coming with 14:49 remaining in a 3-2 victory over the Buffalo Sabres. The Capitals hadn't won — and Ovechkin hadn't scored — since May 9, 2012, during a playoff series against the New York Rangers.

"We finally win," Ovechkin said. "So it's much, much better for us right now. No pressure (on) our shoulders."

THE ASSOCIATED PRESS

Golf

Woods leading pack in San Diego

The fog lifted Sunday and revealed a familiar sight: Tiger Woods in command at Torrey Pines.

Despite finishing with a bogey on the easiest hole of the back nine, Woods began to pull away from the field with a 3-under 69 in the third round to build a four-shot lead in the Farmers Insurance Open. Woods has only lost twice on the PGA Tour in 40 previous times that he has held the outright lead through 54 holes. THE ASSOCIATED PRESS

Tiger Woods lines up a putt on the sixth hole on Sunday at Torrey Pines in San Diego. GETTY IMAGES

Manitoba's Jeff Stoughton delivers a stone during his victory in the final of the National on Sunday in Port Hawkesbury, N.S. THE CANADIAN PRESS/SPORTSNET HANDOUT

Stoughton streaks to victory at the National

Jeff Stoughton won the National Grand Slam of Curling final on Sunday with a 8-2 victory in six ends over fellow Winnipeg skip Mike McEwen.

Stoughton broke a 2-2 deadlock with four points in the fifth end to pull ahead for good. He completed the rout in the sixth when he stole two after McEwen missed on a clearout shot.

Stoughton's first National title completed a career Grand Slam. He won the Players' Championship in 2003, the Masters in 2004 and the Canadian Open in 2006.

He started the National 0-2 but won five games in a row, including a 5-3 win over Edmonton's Kevin Koe in the semifinals.

It wasn't the first meeting between the two Winnipeg rinks with a championship on the line. Stoughton defeated McEwen in the 2010 and the 2011 Manitoba provincial finals and McEwen was victorious in the Rogers Masters final in November 2010 to earn his first career Grand Slam title.

The final stop on the 2012-13 Grand Slam of Curling is the Players' Championship, starting April 16 at the Mattamy Athletic Centre at Maple Leaf Gardens in Toronto.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately you have much to look forward to, so be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
You won't be able to hide your feelings over the next seven days – and nor should you want to. You will be much more outgoing and much more likely to tell others what you really think of them!

♊ Gemini
May 22 - June 21
No matter how reserved emotionally you may be most of the time now you must go right the other way and leave those you love in no doubt how you feel about them. A hug and a kiss is always the best remedy.

♋ Cancer
June 22 - July 23
You will find it easier to get along with authority figures as the new week begins. There will still be disagreements, of course, but at least you will be thinking along the same lines and pulling in the same direction.

♌ Leo
July 24 - Aug. 23
The most important thing this coming week is that you keep a sense of perspective and remember that no matter how much you want to get ahead in the world personal relationships matter more. Love is the key.

♍ Virgo
Aug. 24 - Sept. 23
You may be bored by what you are working on at the moment but the planets indicate that if you make a good job of it you will be rewarded with more enjoyable tasks in the future. Pretend that it's fun.

♎ Libra
Sept. 24 - Oct. 23
Love will come back into your life this week and it won't be long before you feel in tune with the world again. Don't wait for loved ones to tell you how much they care – tell them how much you care first.

♏ Scorpio
Oct. 24 - Nov. 22
Not even a Scorpio can keep moving at your present pace, so slow down and give yourself a break – yes, you CAN afford the time. If you fall behind in your schedule it means your schedule is too tough.

♐ Sagittarius
Nov. 23 - Dec. 21
You have beaten off some serious challenges to your authority. Well done! Now you must find ways to get back in the good books of someone you fell out with along the way. What can you do to win them round?

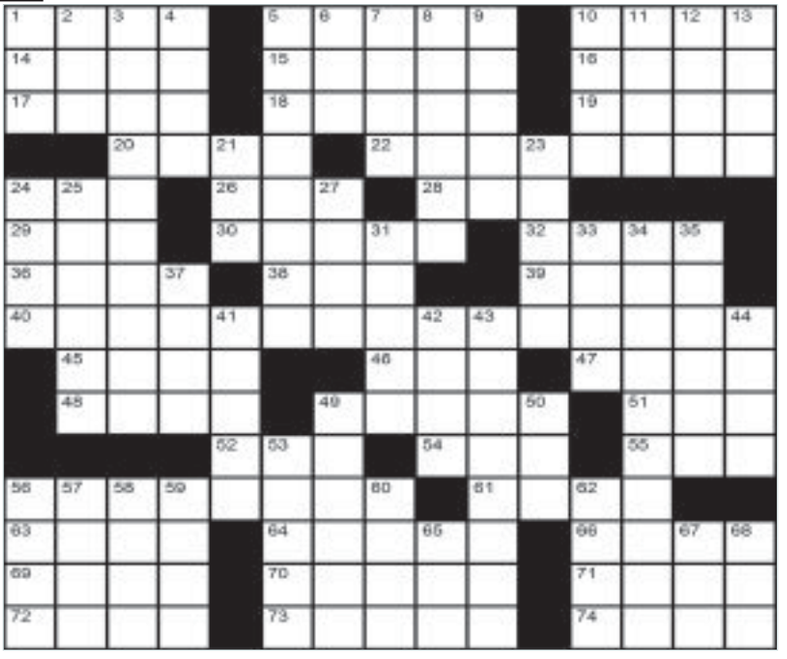
♑ Capricorn
Dec. 22 - Jan. 20
If you make an effort to see things from someone else's point of view today you will gain a valuable insight into why they think the way they do. Once you understand them you won't feel so threatened.

♒ Aquarius
Jan. 21 - Feb. 19
Changes of one sort or another are inevitable over the coming week but that's a good thing, so don't hide yourself away from the world. The Sun in your sign will motivate you to make those changes work for you.

♓ Pisces
Feb. 20 - March 20
You will be pleasantly surprised by what happens over the next few days. Money matters will no longer worry you the way they once did and relationships and friendships will be a lot of fun. It's all good. SALLY BROMPTON

Crossword: Canada Across and Down

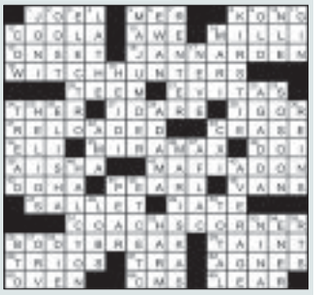
BY KELLY ANN BUCHANAN



Across
1. BC-mined stone
5. __ Gwaii (Queen Charlotte Islands, formerly)
10. Canadian actor Eugene
14. Single-named supermodel
15. Ms. Lavigne
16. Nabisco cookie
17. __ McMurray, AB
18. Poetry
19. Intellect
20. Actress Ms. Russell
22. Canadian country singer, Crystal __
24. Camera mugger
26. PEI part, for short
28. Author Ms. LeShan
29. Ms. Longoria
30. London, England's tallest building, The __
32. "__ and Dumber" (1994)
36. Net balls
38. Canadian broadcaster Mr. Lewis
39. Duelling weapon
40. Chief Correspondent of CBC's "The National": 2 wds.
45. "Finding __" (2003)
46. 'S' of RSVP
47. Priory of __, in "The Da Vinci Code" (2006)
48. The real thing, for short
49. Premiere
51. Whichever
52. 'Jag' add-on (Posh car)
54. Beaufort __
55. "Who Wants to __ _ Millionaire"
56. PM's official res. at 24: 2 wds.
61. Jodie Foster movie
63. "Charmed" sister
64. Lyre-playing Muse
66. De-squeaks
69. Stuff
70. Roman Myth: Romulus' twin brother
71. Footprint
72. Pas __ (Solo ballet dance)
73. Metalwork tool
74. Better Than __ (Rock band)

Down
1. Peanut butter brand
2. "La Isla Bonita" line: "Te dijo te __."
3. Universe stuff, in Cosmology: 2 wds.
4. Duck, in Dusseldorf
5. Dickensian Miss of Satis House
6. Ottawa's Carling, e.g.
7. Flawed goods, for short
8. Shared juicy news
9. Follow _ __ (Sleuth)
10. Toronto's Casa
11. "__ Brockovich" (2000)
12. Hawk
13. George Lucas character
21. Belonging to Providence's li'l state
23. Flamingo, for one
24. Beatles movie!
25. Jennifer Aniston is the new face of this skincare brand
27. Eruption's emission
31. Shampooing direction
33. Neil Sedaka's "Breaking __ Hard to Do": 2 wds.
34. Star's in-promotion-mode undertaking: 2 wds.
35. "Scram!"
37. __-sweet chocolate
41. Scoundrel
42. The Baldwins, e.g.
43. Dime schooner
44. Irish singer
49. 'Celebrity Rehab' physician: 2 wds.
50. __ kwon do
53. Lumberjacks
56. Beach lotions' 15 and 30, e.g.
57. "Ugly Betty" actor Michael
58. U.S.S. Enterprise navigator
59. Real estate verb
60. Avatar of Vishnu
62. Misplace
65. Strong boat
67. Celtic sea god
68. Pampering resort

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		5		2			3
				6		8		4
				9		6	1	
	9						3	8
			9		8			
1	3						7	
	8	6		4				
9		3		5				
2			7		9		8	

Friday's Sudoku

Sharability

easy — hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.com,** choose your country and join the global conversation!
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